





OCTOBER 2022

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY				
Chef SALAD Available Daily for lunch				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 --BREAKFAST-- Benefit Bar, Fruit Cups, Juice --LUNCH-- BBQ Sandwich, Fries, Broccoli, Fresh Fruit OR Asado, Pinto Beans, Carrots, Fresh Fruit	4 --BREAKFAST-- Pancake on a Stick, Applesauce, Juice --LUNCH-- Beef & Cheese Nachos, Pinto Beans, Carrots, Pears OR Chicken Sandwich, Chips, Carrots, Broccoli, Pears	5 --BREAKFAST-- Cream Cheese Bagel, Sliced Apples, Juice --LUNCH-- French Bread Pepperoni Pizza, Green Beans, Mixed Fruit OR Ram Bowl (Popcorn Chicken, Mashed Potato, Corn, Brown Gravy, Cheese), Biscuit, Fresh Fruit	6 --BREAKFAST-- Cereal, Cheese Stick, Banana, Juice --LUNCH-- Chicken Nuggets, Mashed Potato, Cucumbers, Gravy, Roll, Peaches OR Steak Sandwich, Fries, Cucumber, Peaches	7 NO SCHOOL 
10  NO SCHOOL INDIGENOUS PEOPLES' DAY	11 --BREAKFAST-- Ultimate Breakfast Round, Applesauce, Juice --LUNCH-- Pizza, Broccoli, Carrots, Peaches OR Cheese Nachos, Carrots, Broccoli, Peaches	12 --BREAKFAST-- Waffle, Sliced Apples, Juice --LUNCH-- Lasagne Rollup w/meat sauce, Green Beans, Breadsticks, Fresh Fruit OR Hamburger, Fries, Lettuce & Tomato, Fresh Fruit	13 --BREAKFAST-- Egg & Cheese English Muffin, Banana, Juice --LUNCH-- Chicken Tenders, Mashed Potato, Cucumbers, Gravy, Roll, Pears OR Corn Dog, Baked Beans, Cucumber, Pears	14 --BREAKFAST-- Pizza, Apple Crisps, Juice --LUNCH-- Hoagie, Lettuce & Tomato, Carrots, Chips, Slushie OR Chicken Wings, Fries, Celery Sticks, Breadsticks, Slushie
17 NO SCHOOL 	18 --BREAKFAST-- Cake Donut, Applesauce, Juice --LUNCH-- Pizzaboli Bites, Broccoli, Carrots, Peaches OR Beef & Potato Burrito, Pinto Beans, Salad w/Tomato, Peaches	19 --BREAKFAST-- Muffin, Sliced Apples, Juice --LUNCH-- Cheeseburger, Baked Beans, Lettuce & Tomato, Fresh Fruit OR Asian Chicken, Rice, Broccoli & Carrots, Pineapple	20 --BREAKFAST-- Eggstravaganza Burrito, Banana, Juice --LUNCH-- Steakfingers, Mashed Potato, Gravy, Cucumbers, Roll, Pears OR Grilled Ham & Cheese Sandwich, Fries, Cucumbers, Pears	21 --BREAKFAST-- Pancake Bites, MixZees Dried Fruit, Juice --LUNCH-- Drumsticks or Popcorn Chicken, Macaroni & Cheese, Green Beans, Carrots, Applesauce OR Meatball Sub, Fries, Lettuce & Tomato, Applesauce
24 --BREAKFAST-- Benefit Bar, Fruit Cups, Juice --LUNCH-- Beef & Cheese Nachos, Pinto Beans, Carrots, Pears OR Chicken Sandwich, Fries, Broccoli, Applesauce	25 --BREAKFAST-- Pancake on a Stick, Applesauce, Juice --LUNCH-- BBQ Sandwich, Fries, Broccoli, Mixed Fruit OR Chicken Fajitas, Refried Beans, Carrots, Fresh Fruit	26 --BREAKFAST-- Cream Cheese Bagel, Sliced Apples, Juice --LUNCH-- French Bread Pepperoni Pizza, Green Beans, Fresh Fruit OR Hamburger, Fries, Lettuce & Tomato, Mixed Fruit	27 --BREAKFAST-- Egg & Cheese Biscuit, Banana, Juice --LUNCH-- Chicken Nuggets, Mashed Potato, Cucumbers, Gravy, Roll, Peaches OR Steak Sandwich, Fries, Cucumber, Peaches	28 --BREAKFAST-- Cereal, Cheese Stick, Apple Crisp, Juice --LUNCH-- Frito Pie, Corn, Carrots, Applesauce OR Chili Dogs, Chips, Carrots, Broccoli, Pears
31 --BREAKFAST-- Ultimate Breakfast Round, Fruit Cups, Juice --LUNCH-- Chicken Quesadilla, Refried Beans, Salad w/Tomato, Mixed Fruit OR Chicken Parmesan, Green Beans, Lettuce & Tomato, Mixed Fruit		FREE LUNCH BREAKFAST FOR ALL AND STUDENTS		